

LYNPARZA® olaparib tablets

PRESCRIPTION AND DISPENSING



This drug is prescribed and renewed by your hospital doctor specialized in cancerology and medical oncology.

It is available in city pharmacies or in hospital pharmacies.



On leaving your home, don't forget to take your prescriptions along.

For a better follow-up, have your pharmaceutical file activated by your pharmacist.



Your pharmacist can help you in taking your treatment(s).



Do not throw away the opened boxes nor the remaining medicines into your trash. Please bring them back to your pharmacist.

PRESENTATIONS AND STORAGE

Two presentations are available : boxes of 112 tablets, oval and biconvex :



- from grey to green-grey , bearing the inscription "OP 150" dosed at 150mg
- from yellow to dark-yellow, bearing the inscription "OP100" dosed at 100mg

**Olaparib is also available in capsules.
 The tablets can not be replaced by capsules**



Store this drug at ambient temperature, protected from light and moisture.
 Keep it out of sight and reach of children.

INSTRUCTIONS FOR USE



The dose is strictly personal and may be changed during treatment by your oncologist.

The proper monitoring of the instructions for use is necessary for the efficiency of your treatment.

The usual dose is : **300mg (2 tablets of 150mg) twice a day**



LYNPARZA® tablets are to be swallowed whole with a glass of water during or away from a meal. Try to take them every day at the same hour.

Do not chew, crush, cut , nor dissolve the tablets.

MEDICINAL INTERACTIONS



Grapefruit(juice , pulp) should be avoided during your treatment with LYNPARZA® (olaparib).



This drug can interact with other medicines, plants or herbal teas.

For example, avoid taking **St John's Wort (Hypericum perforatum)** in all its forms (capsules, resin, herbal teas, drops) during your treatment.




Do not hesitate to tell your doctor what medicines, plants or herbal teas (with or without prescription) you are taking or wish to take.

If in doubt, ask your pharmacist for advice.

Do not worry at reading these effects, you may not experience any.

SIDE EFFECTS	PREVENTION	BEHAVIOUR
Change in the blood situation	A blood test must be done regularly (monthly in the first 12 months) and the results transmitted to your doctor.	In case of signs of infection (fever, cough) or unusual bleedings, tell your doctor. Make the blood tests prescribed by your doctor.
Nauseas and vomitings	Eat slowly and make several small light meals. Avoid greasy, fried and spicy food. Rather drink between meals.	Take the prescribed nausea and vomiting medication in accordance with the doses. Tell your doctor at the first persisting signs (from 2 vomits a day)

SIDE EFFECTS	PREVENTION	BEHAVIOUR
Diarrhea	Avoid coffee, frozen drinks, milk, raw fruit and vegetables, cereals, wholemeal bread and alcohol. A watch over mineral salts through a blood test may be required by your doctor.	Follow the medical prescription for diarrhea. If possible, drink 2 litres a day (water, tea, herbal tea, soup, sodas, permitted while being careful about risks of interaction). Favor starchy food (rice, pasta) cooked carrots and bananas. Tell your doctor at the first persisting signs (over 3 diarrheas a day)
Loss of appetite	Make several little snacks during the day (food that you like), eat slowly, drink a lot.	Favor highly calorific food: add butter, oil, fresh cream, grated cheese, honey... Ask a dietician for advice. In case of a loss of weight, tell your doctor.
Headaches, dizziness	Respect a healthy way of living.	Your doctor may prescribe you an adapted antalgic treatment, based on paracetamol for example. If these symptoms persist or are getting too annoying, contact your doctor. Be prudent if you have to drive machines or vehicles.
Fatigue	It is normal to be tired during treatment. See that you have a healthy way of living (eat and drink soundly). Respect moments of rest during the day but try to remain active even moderately.	Listen to your body. Be prudent if you have to drive vehicles. In case of an unusual, persisting fatigue, inform your doctor.
Inflammation of the mouth	Avoid acid, spicy and irritating food. Rather use a soft toothbrush, a mild (menthol-free) toothpaste, and an alcohol-free mouthwash.	In case of an outbreak of diffuse pains or burns in your mouth, contact your doctor.
An alteration of taste, abdominal pains, flatulences or skin eruptions may occur during treatment; tell your doctor about it.		
 Should you feel any unmentioned effects , tell your prescriber, doctor or pharmacist about it.		

A FEW ADVICE



Promptly contact your doctor in case of :

- signs of infection (fever, shivers, cough)
- shortness of breath, fatigue, paleness, fast heartbeats
- bruises or prolonged or unusual bleedings in case of wounds.



Never stop treatment or change the rhythm of administration without the advice of the prescribing doctor.



If you have forgotten to take your LYNPARZA tablets, do not take the missed dose. Take the next dose at the usual hour and note it in your tracking book*.



Do not take LYNPARZA® during pregnancy and feeding.

Use 2 efficient and complementary contraceptive methods during treatment and until 1 month after the last dose.

REMARKS :

For complete information, refer to the package leaflet and the RCP (summary of product characteristics) of 12/11/2019.

* Tracking book available on the sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr.